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IT MAY HAVE BEEN ONE SMALL STEP FOR RADIO, BUT IT WAS A GIANT LEAP FOR, WELL, LAZINESS. FROM SHAKING HIPS TO EATING SHORTS, METRO CELEBRATES THE TV PAGE 6

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Tim Rogers, owner of Lancaster Taphouse in Regina, says the Saskatchewan Liquor and Gaming Authority's planned discount for private liquor stores will create a severely tilted business playing field. ROSS ROMANIUK/METRO

Private-liquor plan leaves bitter taste for some

Opposition brewing. 16% discount on SLGA products would create 'competitive advantage' for four private shops, pub owner says

ROSS ROMANIUK
ross.romaniuk@metronews.ca

It's touted as a step toward competitive pricing, but Saskatchewan's plan for private liquor stores has a Regina pub owner facing what he calls a severe business disadvantage.

Tim Rogers, owner of Lancaster Taphouse, likes what he describes as the "progress" made by the provincial government in recently announcing privately owned liquor retail outlets for Regina and Saskatoon. But a planned 16 per cent discount on Saskatchewan Liquor and Gaming Authority (SLGA) beverage products for the four private shops is leaving him with a bitter taste.

"They get a 16 per cent discount, while we have to pay the full retail price. That creates a competitive advantage," Rogers said of the private stores at his upscale Gordon Road lounge on Sunday.

"For us to buy a bottle of beer or wine or whatever, when you consider the delivery and 10 per cent tax, it actually costs us more now than the consumer. And now, it's going to be an even larger gap," he explained.

"Everybody has fixed dollars for entertainment or alcohol. And when we as a business have to pay more than the average consumer does, and that gap gets even worse, it's a bit of a concern to us."

However, an SLGA spokeswoman points out that the designated private retailers — Sobeys and Co-op in Saskatoon, and Sobeys and Willow Park Wines and Spirits in Regina — are "totally different types of businesses" than "food-primary" licensed restaurants, pubs and lounges, and can't be directly compared.

"Their main business is the on-site consumption of food. And alcohol is sort of an add-on to that," Stephanie Choma said on Sunday of the kind of enterprise run by Rogers.

Choma cited, as an example, a bottle of Smirnoff Red that could be purchased by a lounge for $26.69.

"If they're getting 26 one-ounce drinks out of that, their cost for the alcohol only … would be a dollar per ounce," she noted. "They are making their markups on that."

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NEWS 1

Powwow called a success, despite fewer participants

Local rite of spring. Annual event held a month later than usual due to contract dispute

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Their numbers were down from their powwows of the past, but that didn't stop hundreds from enjoying the party, just the same.

The two-day Spring Celebration Powwow, a rite of the season in Regina, wrapped up on Sunday at the Brandt Centre with a flourish of thundering drums and colourfully costumed dancers.

The 35th annual event, held by the Regina-based First Nations University of Canada, included competitions and performances by dancers as young as six and as old as about 80, while the grandstands were almost full.

"We've had good attendance," Doreen Oakes, a First Nations University faculty member, said. "We did have problems getting volunteers right from the beginning but had some who came forward."

Organizers said the decline was due to a scheduling change that pushed the event from early April to May. The change was made, they said, because of a contract dispute between management for Evraz Place, which includes the Brandt Centre, and a union representing the venue's employees.

Oakes said that word of a "potential strike" had prompted the delay.

"Our drum count is a little down," said Roland Kaye, another university faculty member, adding that about 20 drum groups is the norm.

"I think we have 13 drums now. And we have 520 dancers, I believe. Last year, we had close to 800. But I'm happy with it. Everything is going well."

A young dancer performs among dozens of others at the Brandt Centre on Sunday, as part of the Spring Celebration Powwow held by the First Nations University of Canada. ROSS ROMANIUK/METRO

Saskatchewan Fashion Week takes Regina by storm

A model struts down the runway wearing Jaycee Wall on Friday night. ALYSSA MCDONALD/METRO

After three days, more than 1,600 seats filled and 390 outfits worn on the runway, Saskatchewan Fashion Week is packing up its lipstick and high heels — but is not slowing its momentum.

SFW co-founder Candyce Fiessel says organizers are looking at more ways to keep the fashion hype throughout the year and continue expanding the event.

The 2013 Fashion Week — the second annual — was larger than the inaugural event, with 300 extra seats each night and VIP gold seating, as well as an expansion to two tents in downtown Regina with the help of the Juno Awards, all of which helped attract 600 more people than last year.

"A lot of it will have to do with how large we can make that tent and how many more people we pack in there," said Fiessel.

They also introduced industry mixers throughout the year for networking, which will continue. Fiessel noted that a partnership with Saskatoon is also in play, but is in its early stages. As well, they will keep in close contact with buyers.

"I am excited to see what is going to happen after, like what retailers pick up designers and who is going to take it to the next level throughout the year," said Fiessel.

The SFW team eventually wants to turn the event into a non-profit, with employees to plan it and to make sure Saskatchewan designers get their names out.

"If they wouldn't have had Fashion Week, all of us wouldn't have this great event to showcase all the talent we have in Saskatchewan," said Regina-based designer Riley Lawson, who has shown her work both years at SFW and was presented with the Fashion Forward Emerging Designer Award on Saturday night.

ALYSSA MCDONALD/METRO

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Bystanders comfort a victim of Sunday's shooting in New Orleans. The victims included 10 men, seven women and two 10-year-old children.
LAUREN MCGAUGHY, THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

Gunfire turns parade into pandemonium

New Orleans shooting. Cops say street violence, not terror, responsible for injuring at least 19

Gunmen opened fire on dozens of people marching in a neighbourhood Mother's Day parade in New Orleans on Sunday, wounding at least 19 people, police said.

The FBI said that the shooting appeared to be "street violence" and wasn't linked to terrorism.

Many of the victims were grazed and most of the wounds weren't life-threatening, according to a police news release. No deaths were reported by Sunday night.

The victims included 10 men, seven women, a boy and a girl.

The children, both 10 years old, were grazed and in good condition, but police said at least two people were in surgery Sunday night.

Mary Beth Romig, a spokeswoman for the FBI in New Orleans, said federal investigators have no indication that the shooting was an act of terrorism.

"It's strictly an act of street violence in New Orleans," she said.

Officers were interspersed with the marchers, which is routine for such events. As many as 400 people joined in the procession that stretched for about three blocks, though only half that many were in the immediate vicinity of the shooting, said Police Superintendent Ronal Serpas.

Police saw three suspects running from the scene in the city's 7th Ward neighbourhood. No arrests had been made as of Sunday night.

The neighbourhood where the shooting happened was a mix of low-income and middle-class row houses, some boarded up. As of last year, the neighbourhood's population was about 60 per cent of its pre-Hurricane-Katrina level.

Police vowed to make swift arrests. Serpas said it wasn't clear if particular people in the second line were targeted, or if the shots were fired in a random fashion.

THE ASSOCIATED PRESS

Can't run, can't hide

"We'll get them. We have good resources in this neighbourhood."

Police superintendant Ronal Serpas on the suspects in the shooting.

Police vowed swift arrests. MICHAEL DEMOCKER/THE TIMES-PICAYUNE/THE ASSOCIATED PRESS

Second-line parades

Second-line parades are loose processions in which people dance down the street, often following behind a brass band.

- Some parades are impromptu and some are planned. They are often described as moving block parties.
- A social club called The Original Big 7 organized Sunday's event.
- The group was founded in 1996 at the Saint Bernard housing projects, notes its MySpace page.

Tag, you're commander. Hadfield earthbound after handing over space station

Canadian astronaut Chris Hadfield handed over command of the International Space Station as he prepared to return to Earth.

He wrapped up a five-month visit to the giant laboratory, saying it's time to turn over the reins to cosmonaut Pavel Vinogradov.

Hadfield, the first Canadian to command the station, said he achieved the goals he set out for himself before making the journey in late December.

Plans call for Hadfield and two other crew members to leave the station Monday just after 5 p.m. MDT aboard a Russian Soyuz spacecraft.

They are due to land in Kazakhstan about three-and-a-half hours later.

While he's happy to be heading home, Hadfield said both he and his crew "would come back given the opportunity."

THE CANADIAN PRESS

Astronaut Chris Hadfield poses for a photo with a new polymer $5 bank note on the International Space Station. SEAN KILPATRICK/THE CANADIAN PRESS FILE

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Downloading megasuits rear head

Anti-piracy battle. Case involving Teksavvy, Voltage Pictures could pave way for U.S.-style actions on file-sharing

Massive lawsuits targeting people who illegally download copyrighted content are common in the U.S., where people have been stuck with hefty fines and out-of-court settlements. Now there's an attempt to bring that to Canada.

At the centre of the effort is Canipre, the only anti-piracy enforcement firm that provides forensic services to copyright-holders in Canada.

The Montreal-based firm has been monitoring Canadian users' downloading of pirated content for several months. It has now gathered more than one million different evidence files, according to its managing director Barry Logan.

One of its clients is now before Federal Court in Toronto, requesting customer information for over 1,000 IP addresses — a user's unique Internet signature — collected by Canipre.

That client is the American studio Voltage Pictures, maker of hundreds of films, including the Academy Award-winning Hurt Locker. On the other side of the case is Teksavvy, an Ontario-based Internet provider. The IP addresses flagged by Canipre link back to its users.

The case is set to resume next month. If the court orders Teksavvy to hand over customer info, it could be the beginning of a new chapter in the anti-piracy battle in Canada. "We have a long list of clients waiting to go to court," said Logan.

THE CANADIAN PRESS

North Pole nations

Business to have bigger role in Arctic debates: Minister

Creating a bigger presence for industry at the world's premiere international forum on northern issues won't distract from its work on environmental problems, says the Conservative cabinet minister about to lead the group.

"Absolutely not," said Leona Aglukkaq, who will assume the chairmanship of the group of the eight nations that ring the North Pole starting on Wednesday. "That research — the work of interest to all the Arctic regions — that will continue during our chairmanship." Central to Aglukkaq's plans for her two-year term heading the Arctic Council is the creation of an Arctic business forum.

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Branson honours a bet

British entrepreneur Richard Branson, left, poses with AirAsia's chief executive Tony Fernandes while dressed as an AirAsia flight attendant at a low-cost carrier terminal in Malaysia on Sunday. The Virgin Group founder shaved his legs, put on lipstick and squeezed into the red outfit to honour a bet by serving as a flight attendant on an AirAsia trip from Perth, Australia, to Malaysia. Branson lost the bet to Fernandes in 2010 after they wagered their Formula One racing teams would finish ahead of each other. VINCENT THIAN/THE ASSOCIATED PRESS

Factory collapse. Bangladesh to raise garment workers' pay

Bangladesh's government plans to raise the minimum wage for garment workers, a cabinet minister said Sunday, after the deaths of more than 1,100 people in the collapse of a factory building focused international attention on the textile industry's dismal pay and hazardous working conditions.

A new minimum-wage board will issue recommendations for pay raises within three months, Textiles Minister Abdul Latif Siddiky said.

A Bangladeshi woman reacts Sunday after her son's body was found in a garment factory building that collapsed April 24. THE ASSOCIATED PRESS

The cabinet will then decide whether to accept those proposals. THE ASSOCIATED PRESS

MISSING PERSONS? THAT'S SO LAST WEEK

URBAN COMPASS

Paul Sullivan
regina@metronews.ca

If you ever wonder why the government doesn't get around to doing important stuff like lowering taxes or building homes for the homeless, it's because they're too busy.

Declaring proclamations.

Think I'm kidding? We're less than two weeks into May and the Saskatchewan government has already declared seven awareness weeks, representing a dizzying diversity of good causes.

From Speech and Hearing Awareness Week to Ombudsman Week, these things roll across the transom nearly daily.

So what's wrong with declaring Missing Persons Week (May 5-11)? It's certainly important to the families of the missing persons in Saskatchewan that their loved ones not be forgotten.

"This is an important time to support families and communities by recognizing the ongoing need to resolve missing-persons cases in our province," Justice Minister and Attorney General Gordon Wyant allegedly said to someone, who then duly captured it for posterity by issuing a government press release.

And then Christine Tell, the minister responsible for corrections and policing, allegedly chimed in, "Sadly, there are 114 men, women and children missing in Saskatchewan today ... We are working together with our partners to ensure that we continue to be diligent in our response to cases of missing persons."

Is there perhaps a special room where these notoriously overworked ministers gather to issue these proclamations salted with ponderous, lame bromides instead of actually knuckling down and going out to find 114 people and restoring them to the bosoms of their families?

Uh, no. Talk is cheap. Proclamations are cheaper.

So, faceless government communications people write and send out press releases, fabricating plausible quotes that don't offend anyone, precisely because they don't say anything. And then they're exhaustively reviewed up the food chain until the faintest possibility of potential accountability is removed. And then they're approved for release.

If you believe that "We are working together with our partners to ensure that we continue to be diligent in our response to cases of missing persons" is the same thing as going out and looking for them, you're in luck! This is also Mental Health Week, a good time to seek therapy.

There might have been a time when proclamania was effective, back when there was one a week. But the more proclamations you declare, the more you undermine the value of each one. Now, School Patrol Safety Week competes with Emergency Preparedness Week, Women Entrepreneurs Week and NAOSH (North American Occupational Safety and Health Week), all solemnly declared at the same time by the government in Regina.

With all that noise, it's tough to get a signal. No wonder the universal distress call is Mayday!

ZOOM

Happy birthday, Buddha!

AHN YOUNG-JOON/THE ASSOCIATED PRESS

It's the journey, not the destination

Buddhists carry lanterns in a parade during the Lotus Lantern Festival to celebrate the upcoming birthday of the Buddha on a street in Seoul, South Korea, Sunday.

Legend has it the Buddha was born to a royal Hindu family in what is now Nepal, and on the night he was conceived, his mother, Queen Maya, dreamed a white elephant with six white tusks walked around her three times, then hit her and disappeared into her right side. When she became pregnant, Queen Maya set off for her father's kingdom to give birth, as was the tradition.

But the Buddha was born along the journey in a garden beneath a sal tree.

DAILYMAIL.CO.UK/WITH FILES FROM THE ASSOCIATED PRESS

On a full moon

2,557

Although the exact date is unknown, scholars believe the Buddha was born some 2,557 years ago. In Korea, his birthday is traditionally celebrated on the full moon in May.

The light in the dark

Across Asia, the Buddha's birthday is celebrated with colourful parades. The lighting of a lotus-shaped lantern in Buddhism symbolizes a display of devotion to performing good deeds and lighting up the dark parts of the world that are filled with agony.

Across South Korea, many temples provide free meals and tea to all visitors. DAILYMAIL.CO.UK

Green goodness . Growing a community, one plant at a time

News worth sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate people, inspiring projects and stories worth celebrating. Here's just one.

The University of Regina's ever-greening campus is almost good enough to eat.

In recent years, students have created three organic gardens — the First Nations University Shared Garden, the Potager and the latest, the Green Patch — as part of the U of R's Edible Campus project. The produce goes to charity.

Summer-camp students visit the First Nations garden to learn about native plants and sample the ripe produce. "Some have never seen a tomato plant and they want to eat green tomatoes," says volunteer Fidji Gendron, who cautions students to "Wait till it's red."

Taneal Brucks, last year's Green Patch co-ordinator, says chatting with volunteers about food-justice issues is the real harvest. "It's not just for kids," she says about gardening. "It's a community building tool."

To learn more, go to rpirg.org/events-projects/reginas-edible-campus.

CRAIG AND MARC KIELBURGER

Craig and Marc Kielburger are founders of the international charity and educational partner Free The Children. Email them for more information and to get involved. Send your stories to goodnews@metowe.com and we'll share them right here.

Letters

RE: Hockey Alberta to Ban Body Checking at Peewee Level, published May 8

As players for the Calgary Saints Division 2 Peewee Hockey Team, we disagree with the ban on checking in the peewee and bantam age groups.

We are both 12-year-olds. If the ban on checking goes ahead, when we get to the bantam level where checking is allowed, we will be playing against players who will have three years of playing with checking, while we will only have one year of experience. We will have forgotten how to check safely, and will be injured much more easily. Also, if you ban checking at this level only in Alberta, when we go out of province to play, we won't know how to take a check safely.

Instead of taking away checking completely, we think there should be a zero-tolerance policy on head-hunting, which means deliberately hitting another player in the head.

Checking makes the game more exciting for both players and spectators. It is an important part of the game of hockey — please don't take it away!

Curtis Jackson and Kieran Ruscheinski, Calgary

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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The way we watch television has changed rapidly over the last decade with the rise of the Internet. Today, all it takes is a smartphone to plug into your favourite program. Over the next few days, Metro takes a look at how television has shaped us, and where it might go next. Today, we take a look back, beginning in a time when the concept of television was an intellectual imagining.

METRO WORLD NEWS

The history of television

1900
Russian scientist Constantin Perskyi coins the word "television" in a paper at the World's Fair in Paris. Trading cards sold there predict colour TV and news radio in the year 2000.

1925
Russian-born Vladimir Zworykin patents the first television colour tube. First moving image transmitted.

1928
Television introduced in the United States, followed by Britain, Germany, France and the Soviet Union.

1930
American inventor Charles Francis Jenkins broadcasts the first television commercial.

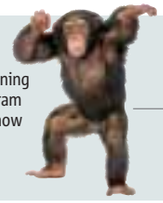
1939
Television introduced in Japan and Italy. Regular TV broadcasts introduced in the United States.

1936
Berlin Olympics become the world's first televised sports event. The BBC introduces the world's first regular TV service: three hours per day.

1947
U.S. news program Meet the Press launched. Harry Truman is first U.S. president to address the nation from White House via television. He asks for food for Europe.

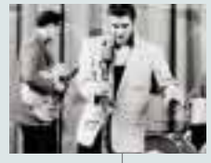
1951
Colour TV first introduced in the United States.

1952
U.S. morning TV program Today Show begins.



1954
Over half of U.S. households own a TV set.

1956
Elvis Presley appears on the Ed Sullivan Show.



1960
TV debate between John F. Kennedy and Richard Nixon decides U.S. election.

1969
Neil Armstrong and Buzz Aldrin (pictured) on the moon, watched by more than 700 million people.

1971
U.S. sitcom All in the Family launched, possibly first to discuss homosexuality.

1976
Sony introduces first home video recorder.

1980
The 'Who Shot J.R.?' instalment of the soap opera Dallas becomes the most-watched TV program in U.S. history.

1983
The final episode of M*A*S*H becomes the most-watched television program in history.

1985
First Blockbuster video-rental store opens.

1989
The Simpsons premieres. Airing that same year: Seinfeld.

1995
DVD player invented.

1999
TiVo, which allows users to record shows while skipping ads, launched.

1999
Reality TV boom begins with shows like Big Brother and Who Wants to Be a Millionaire? Even bigger deal: The Sopranos premieres.

2010
3-D TV introduced.

2011
NCIS is the most popular TV drama in the United States.

Isla Fisher. Actress sizzles this summer

Yes, that's Isla Fisher appearing in two of the first major films of the season: the latest adaptation of F. Scott Fitzgerald's The Great Gatsby, as well as the crime caper Now You See Me.

"It's really exciting," Fisher says. "I guess I don't feel any pressure because I'm not the lead in either movie."

In Gatsby, she's the ill-fated Myrtle Wilson — logging precious, but little, screen time. In Now You See Me, Fisher plays one of a quartet of magicians who use their talents to take back money from immoral millionaires and return it to the people they bilked. The film boasts an all-star cast, including Morgan Freeman and Woody Harrelson. "And Mark Ruffalo is chasing after us, and Melanie Laurent and Michael Caine," she adds in a recent interview. "(It's) basically a lot of people nominated for Oscars — and then me, a SAG member, committing these heists."

During filming of Now You See Me, Fisher (whose first name is pronounced EYE-luh) had a close call. "I was chained underwater," the 37-year-old Australian-raised actress recalls. "I had a quick release on my wrists and a quick release on my feet, but the chain that was tying my wrists to my ankles ... It got looped around the bottom of the tank. I'd already been under for two-and-a-half minutes, and I couldn't get up for air. And I did have a moment of, just, 'Oh my gosh. Not in a swimming costume. No one wants to go in a swimming costume.'"

THE ASSOCIATED PRESS

This summer's big movies feature Isla Fisher. GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Lohan has a pout while Pattinson and Perry hang out

STARGAZING
Malene Arpe
scene@metronews.ca

This week in bridal fashion crimes. The colours for Mama June and Sugar Bear's wedding were camouflage, hot pink and orange while, much worse, Keira Knightley got married in a dress she'd worn back in 2009.

Researchers at the University of New South Wales find that men with beards are generally judged much more attractive than clean-shaven men.
That explains the surge in sales at Eddie's Go-To Goatee Emporium.

In Dubai, a fan jumps the stage to hug Justin Bieber. Didn't we tell you not to grow that wispy moustache, Justin? Hmmm?

Robert Pattinson has reportedly been hanging out with Katy Perry. Don't panic, Robsten fans, he just wanted to find out what it's like to look at someone who occasionally arranges her mouth into the facial configuration commonly known as a "smile." He's safely back home now.

Martha Stewart says she regrets she never tried talking up Paul Newman and Robert Redford and getting to know them when she regularly sold them pastries at a Connecticut bakery decades ago. Even the regrets of celebrities are so much better.

Shia LaBeouf hands out copies of his self-penned comic book to strangers. "Not again," says the local garbage collector.

Lindsay Lohan calls her 90-day rehab sentence "pointless."
"That may be true for you," say the drivers of Los Angeles, "but at least it gives the rest of us a break from the endless terror."

Jessica Alba ALL IMAGES GETTY

Jessica Alba reveals wild-child past during interview with her mom

Jessica Alba was something of a hard-drinking, car-stealing wild child, she admits to her mother during a sit-down with Entertainment Weekly. While reminiscing about the first boy she brought home as a preteen, Alba fesses up: "We accidentally drank Wild Turkey," she says. "How old was I with Santino? Eleven?" But that's not the only memory Alba has of her bad behaviour. "Remember when I used to steal the car and go to Jack in the Box?" she asks her mom. "We could go get food. Like, that was our activity! But I was, you know, 12."

Poehler and comedian Kroll said to be dating

Parks and Recreation star Amy Poehler is reportedly dating comedian Nick Kroll, her first dose of romance since splitting with husband Will Arnett last September, according to Us Weekly. "She was looking for a guy like him," a source says. "She wanted a comedian who 'gets' her." Kroll and Poehler have been friends for a while, with Kroll playing a recurring role on her sitcom since 2011.

Amy Poehler

It's something worth celebrating.

BLUE CART RECYCLING

Service starts July 2013

Blue carts will be delivered this spring.

We've listened to residents' opinions and developed a straightforward recycling program that will help us create a cleaner, greener and more sustainable Regina. By working together, we can recycle over 40 per cent of our household waste and divert 28,000 tonnes from our landfill each year.

Recycling collection starts in July. If you currently receive City garbage service, a blue cart and program guide will be delivered to your home this spring. Watch for your cart and get ready to join the party.

For more information, visit
Regina.ca

City of Regina | REGINA Infinite Horizons

Online

To friend or not to friend Mom on Facebook?

Josh Knoller, a young professional in New York City, spent years refusing his mother's "friend request" on Facebook before, eventually, "caving in."

Today they have an agreement: she'll try not to make embarrassing comments, and he can delete them if she does.

One in three mothers are connected with their teens over Facebook, according to the social networking giant's review of how users self-identify.

With more than one billion Facebook users, that's a lot of mothers and kids keeping in touch through social media, says Fordham University communications professor Paul Levinson, author of New New Media. "Facebook has been a boon to family relationships," says Levinson.

Kelly McBride, an assistant professor of communications at LaSalle University in Philadelphia, says her students who "friend" their mothers keep their Facebook pages benign, using other social media like Instagram or Twitter for the racy stuff.

"They may be willing to 'friend' their mother, but when they do, they take down the drinking or partying or suggestive photographs," she says.

Meanwhile, parenting expert Susan Newman recommends that mothers wait until their children are independent adults before friending them.

THE ASSOCIATED PRESS

Exclusively online

Nothing makes Mommy want to have a meltdown like watching you have a meltdown. Follow along with the comedic (mis-) adventures of mommy-hood with Reasons Mommy Drinks online at metronews.ca/voices

Is three really more stressful?

New study. Weighing in on a report that claims three is the most stressful number of kids to have

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

One of my favourite lines from The Simpsons is when Bart complains he is having the worst day of his life. "So far," responds his unsympathetic yet correctly predictive father Homer.

I liken that to a study by Today.com that suggests three is the most stressful number of children to have.

A mom of three explains that, versus two kids, the stress level increases when it comes to things like crossing the street. I would agree that getting three kids to do anything in tandem is harder than getting two kids to do it. But I have four kids, and to the best of my recollection, I don't recall sprouting an extra arm when that last child arrived.

Maybe for moms of three, three is the most stressful number of children for them to have ... so far.

The study indicates mothers of more than three kids, on average, described themselves as at a lower stress level than their triumvirate sisters.

It concludes that families with more than three children experience the Duggar Effect, referencing the TLC reality family with 19 children.

While I am 15 short of this number, I admit older kids can, on occasion, help younger kids. But does that really offset the stress of knowing you have more children to feed, clothe, potty train, change sheets for, teach how to drive, suffer through first dates with, explain birth control to and pay post-secondary education for? According to MoneySense.ca, the average cost of raising a child in Canada is almost $245,000. Adding this expense for each child doesn't raise your stress level? Really?

I'm not saying that three kids aren't stressful for a lot of people. It can be. Just like it is very stressful for some parents of one child, two, four, five, etc. I call it the Pitter Patter Principle. (The original Peter Principle I'm referencing states that people are promoted to a level of incompetency.)

One study claims that families with three kids have increased stress levels. ISTOCK

Perhaps those who are lucky enough to actively choose the number of children they have sometimes also reach beyond the level of what they would see as acceptable stress. They are not incompetent in this way, of course; they just learn when to stop.

So what comes first? The proverbial chicken or the fertilized egg? The stress of having kids or the stress level of the parents prior to having them? Since we can't give back the number of children we had past the third one to do a truly fair comparison (I may have tried), I guess we'll never know. KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Let Rover swim to safety rather than going in

Dogs' lungs have a higher capacity than humans'. THE ASSOCIATED PRESS

Watching as a beloved dog is swept out to sea is heart-wrenching. Doing nothing seems unthinkable. But experts say that is exactly what a dog owner should do: nothing.

"The human-animal bond is no joke. Most pet owners are very attached to their pets," says Dr. Lynn Miller, a veterinarian who runs an animal clinic north of San Francisco. "But you're not going to save your dog by risking your own life. It does your dog no favours in the end if he comes back and you're dead."

The average dog is a better swimmer than the average human. Dogs such as Labrador retrievers, German shepherds and pit bull terriers are built like boats, the vet says. Their heads are above water, they have a low centre of gravity, they have four legs for propulsion, their lungs have a higher capacity than a human's, their fur keeps them warm in cold water — and many have waterproof undercoats — and some dog breeds have webbed feet.

Using their namesake swim stroke, dogs can find their way back to shore using currents and their fight-or flight-instinct, Miller says.

Dogs are single-minded, and focus on finding safety, while humans panic or become distracted, Miller says. Owners who try to make a rescue also may go into shock from the cold water, try to fight the current and get tumbled around or tire easily, she says.

People also don't think about what will happen if they do follow a dog and manage to reach it alive, Miller says.

THE ASSOCIATED PRESS

Study says there's more to flipping burgers than students may know

Young and able.
Research reveals that students who take on jobs in high school more likely to succeed

JULIA FURLAN
Metro World News

Can I get you a career with that? ISTOCK

According to a study published by Drexel University's Center for Labour Markets and Policy, teens who spend some time bagging groceries or cyphoning fries into happy meals have a larger shot at success throughout their career.

Paul Harrington, a Drexel University labour economist and lead author of the study, says that work experience in a formal job during high school (from ages 16 to 19) correspond to a 20 to 25 per cent increase in salary for teens almost a decade later. In this case, a "formal" job means a gig in food service or retail for a larger company, as opposed to work like babysitting or cutting the neighbor's grass. High school students who work, he says, are also more likely to have a job a decade after high school than their peers. The numbers are even stronger for teen boys, Harrington says.

"I think there's a dignity in work," Harrington says. "It's really important for people to understand how they contribute to making an organization function. The way you understand how that works is by doing it."

The other piece of data that the study revealed is that attendance in high school is a very strong indicator of good things to come. Harrington says that having high daily attendance in school means that students have a much higher chance of graduating from college.

"Woody Allen said 90 per cent of life is showing up," Harrington says. "Turns out he was right."

The wonders of work

"It's really important for people to understand how they contribute to making an organization function."

Paul Harrington
Drexel University labour economist

Frown-worthy findings

So what's the bad news?

The Drexel University study also found that as the economy has suffered, jobs for teens have become more difficult to come by. In the Metro Philadelphia area, for example, the study revealed that in 2000, about 44 per cent of teens between the ages of 16 and 19 had jobs. Today, that number has fallen to 25 per cent, mostly due to the lack of employment opportunities, and also to the fact that older workers are holding onto jobs longer than they have in previous decades.

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Each time you complete a survey, you earn points which can be redeemed for Tango.com Gift Cards.
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Casual meets highbrow in Seafood Pasta Pizza with Dill

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Instead of the typical white-flour pizza crust, try this linguine pasta crust, which has more fibre and nutrients, and goat cheese that goes so well with the seafood.

1. Preheat oven to 350 F. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in mixing bowl. Add egg, milk and Parmesan cheese. Mix well. Pour into pan and bake 20 minutes.

2. In non-stick skillet sprayed with vegetable spray, sauté seafood just until cooked, approximately 3 minutes. Drain and set aside.

3. In same skillet, heat oil; sauté garlic, peppers and onions for 4 minutes.

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

4. Meanwhile, in small bowl combine stock, milk and flour until smooth. Add to skillet and simmer on low heat until thickened, approximately 2 minutes, stirring constantly. Add dill and seafood. Pour into pan. Sprinkle with mozzarella and goat cheese; bake for 10 minutes. Let rest for 10 minutes before serving.

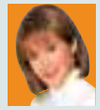
ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY: ROSE REISMAN

Ingredients

- 6 oz broken linguine
- 1 egg
- 1/3 cup 2% milk
- 3 tbsp grated Parmesan cheese
- 8 oz seafood, (shrimp, scallops, squid)
- 1 tsp vegetable oil
- 1 1/2 tsp crushed garlic
- 3/4 cup diced sweet red peppers
- 1/4 cup chopped green onions
- 1/4 cup sliced red onions
- 1 cup cold seafood or chicken stock
- 1 cup 2% milk
- 3 tbsp all-purpose flour
- 1/3 cup chopped fresh dill
- 1/2 cup shredded mozzarella cheese
- 2 oz goat cheese, crumbled

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Great for casual bites, Chili's restaurants can serve up a major amount of calories, fat and sodium if you're not careful. ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS) BY ROSE REISMAN/ PHOTO: MIKE MCCOLL, FROM ROSE REISMAN'S CHOOSE IT AND LOSE IT (WHITECAP BOOKS)

Chili's Quesadilla Explosion Salad with balsamic dressing

1,300 calories/86 g fat/ 2,470 mg sodium

You have an entire day's worth of calories and fat and two days' worth of sodium.

Equivalent

One Quesadilla Explosion Salad from Chili's is equivalent in sodium to 10 bags (250 g each) of Doritos chips. The excess cheese, quesadilla cheese wedges and dressing are the culprits.

Chili's Caribbean Salad including grilled chicken

610 calories/25 g fat/ 810 mg sodium

All the fresh fruit and vegetables make this a much healthier salad.

Side dish. Sweet Potato Fries with Barbecue Mayo

1. Preheat oven to 425 F. Line 2 baking sheets with aluminum foil, spray with non-stick cooking spray; set aside.

2. Combine potatoes with 1/2 cup mayonnaise in large bowl; toss to coat. Arrange potatoes on prepared sheets.

3. Bake 20 minutes. Rotate sheets and bake an additional 15 minutes or until potatoes are golden and crisp.

4. Combine remaining 1/2 cup mayonnaise with barbecue sauce in small bowl. Serve with fries. NEWS CANADA/ FACEBOOK.COM/HELLMANNSCANADA

Ingredients

Prep Time: 15 min
Cook Time: 35 min

- 2 lbs sweet potatoes, peeled and cut into 2-inch-long thin wedges
- 1 cup Hellmann's Real Mayonnaise, divided
- 1/4 cup barbecue sauce

Pulled Chicken Caesar Salad Sandwich: Warm-weather eats

This recipe serves four. NEWS CANADA

With temperatures getting warmer, we'd rather be soaking up the heat than cooking in it.

Although slow cookers are known for their ability to prepare soups, chilies and hot comfort foods through the winter, savvy Canadian families are finding that slow-cooker meals in the spring offer them more time to enjoy the season instead of spending it inside worrying about dinner.

One of these great recipes is the Pulled Chicken Caesar Salad Sandwich.

1. Pour 1/2 of the barbecue sauce into the bottom of your slow cooker.

2. Layer chicken pieces into bottom of slow cooker and pour remaining barbecue sauce over your chicken. Cook on low for 6 hours.

3. Once cooked, remove chicken from slow cooker, place on a cutting board and, using two forks, pull chicken into shreds.

4. Place chicken back in cooker, stirring until mixture is evenly coated. Cover and cook for approximately 30 minutes to absorb more liquid.

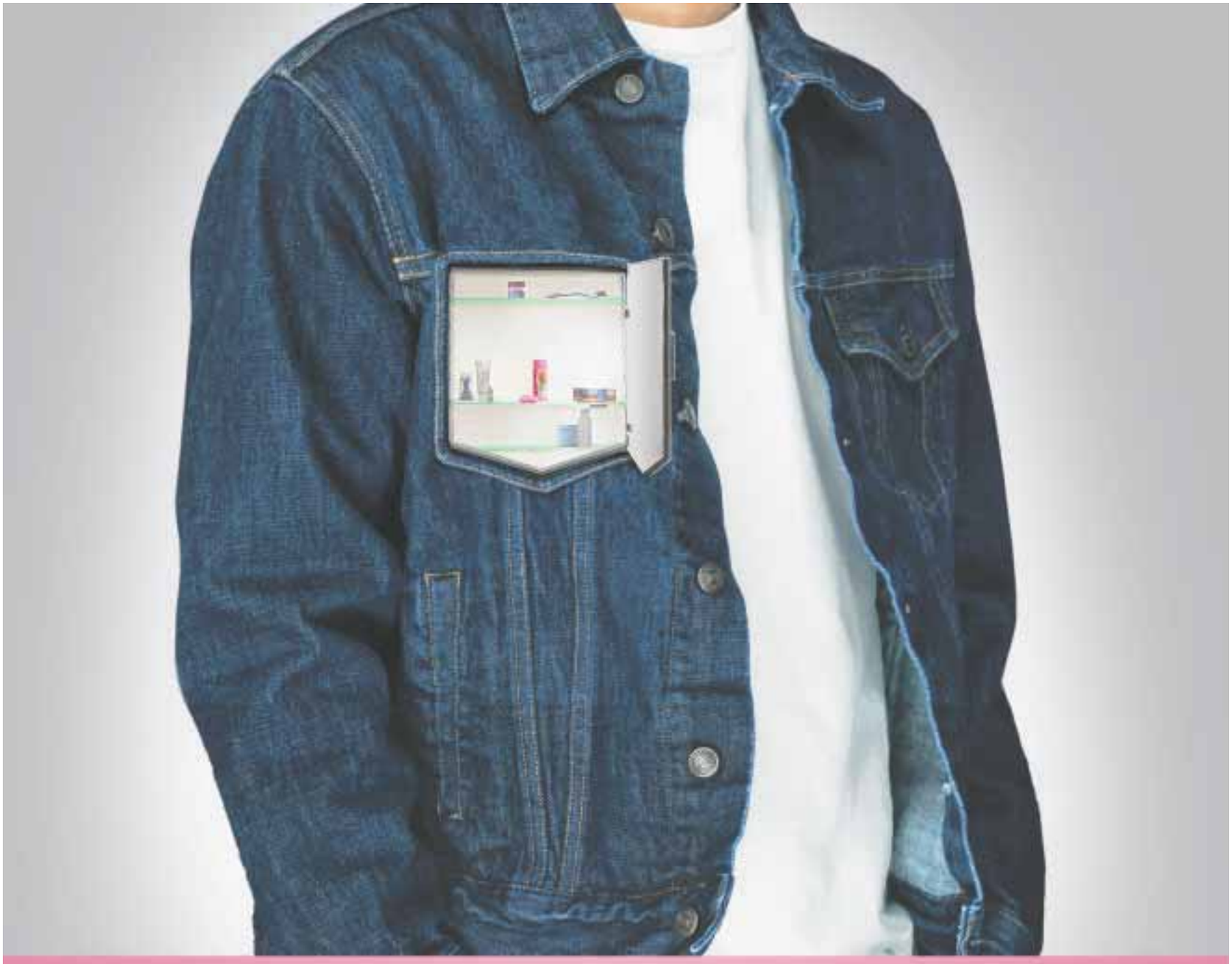
5. While chicken mixture is simmering, create your caesar salad using an ET TU Caesar Original Salad Kit. Prepare salad according to package directions.

6. Once ready, place chicken, topped with caesar salad mixture, on buns.

NEWSCANADA.COM

Ingredients

- 1 500 ml jar of your favourite barbecue sauce
- 4 boneless, skinless chicken breasts
- 1 ET TU Caesar Original Salad Kit
- 1 head of fresh romaine or 2 romaine hearts
- 6-8 kaiser rolls or hamburger buns



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Budding Leafs block Bruins' path to Round 2

Maple Leafs goalie James Reimer shuts down Bruins centre Patrice Bergeron on a wrap-around attempt in the second period of Game 6 between Toronto and Boston on Sunday night at the Air Canada Centre. Dion Phaneuf and Phil Kessel scored third-period goals as the Leafs held on for a 2-1 win to extend the first-round series to Game 7 on Monday night in Boston. RICK MADONIK/TORSTAR NEWS SERVICE

Capital offence overturned in N.Y.C.

NHL playoffs. With post-season life on the line, Vezina nominee Lundqvist helps Rangers avoid death sentence

Game 6

Rangers	Capitals
1	0

Henrik Lundqvist slammed his stick in disgust when an overtime loss in Washington put the New York Rangers on the brink of elimination.

Two days later, the star goalie pumped his arm and let out an emphatic yell when his shutout kept the Rangers alive to force a Game 7 in the U.S. capital.

Lundqvist was the difference Sunday in stopping 27 shots for his seventh NHL playoff shutout. The reigning Vezina Trophy winner was perfect in making Derick Brassard's second-period goal stand up in a 1-0 win over the Capitals that forced a deciding game in the first-round series.

"We needed it. There was desperation out there," Lundqvist said. "We showed a lot of character and worked really hard. It was that type of game where you pay the price — big saves, physical. Great win."

Despite having little room for error, the Rangers stayed composed and played a disciplined game in which they took no penalties until a big scrum after the final buzzer.

Now the Rangers hope momentum carries over to Game 7 on Monday night in Washington. The home team has won all six games so far in the series.

"They play really well at home and they're confident," Lundqvist said. "The games we've played in that building, special teams have played a big part. We played a really disciplined game, and that's going to be key for us because they have a really good power play, so you have to respect that.

"Play hard, but play smart."

The Rangers earned Game 7 wins at home in last year's playoffs over Ottawa and Washington. If they pull out this victory, it would give them just their second series win after falling behind 0-2.

THE ASSOCIATED PRESS

CFL

Top pick Gaydosh signs NFL deal with Carolina

The Hamilton Tiger-Cats will have to wait to get defensive tackle Linden Gaydosh into their lineup.

The first overall pick at this month's CFL draft has signed as a free agent with the NFL's Carolina Panthers.

Gaydosh's agent, Darren Gill, announced the signing on Twitter on Sunday.

Gaydosh signed the NFL deal after attending the Panthers' rookie camp over the weekend as an undrafted free agent.

Gaydosh, who played at the University of Calgary, is the latest Canadian to ink an NFL deal.

Regina defensive tackle Stefan Charles and McMaster offensive lineman Matt Sewell (both with the Tennessee), Eastern Michigan defensive lineman Andy Mulumba (Green Bay) and Wagner linebacker C.O. Prime (Indianapolis) all signed with NFL clubs before the CFL draft.

THE CANADIAN PRESS

Golf

Woods grinds past Garcia at Players

Tiger Woods had the last word against Sergio Garcia by winning The Players Championship on Sunday.

Woods ended a weekend of verbal sparring with Garcia by doing what he does best — closing out tournaments, even if this one turned into a tense duel over the final hour at TPC Sawgrass. Tied with Garcia with two holes to play, Woods won by finding land on the last two holes for par to close with a 2-under 70.

THE ASSOCIATED PRESS

Riot rise to the occasion against Valkyries

Regina quarterback Aimee Kowalski battles her way upfield in the Riots' first-ever win over their provincial rival, the Saskatoon Valkyries. JEFF MACKEY/METRO

The Regina Riot overthrew the reigning queens of the Western Women's Canadian Football League on Sunday, and became the first team since the WWCFL's inception to beat the Saskatoon Valkyries.

Hundreds of spectators turned out to Mosaic Stadium in Regina on Mother's Day to see the provincial rivals go head to head.

Until this point, however, the rivalry had been decidedly one-sided — and that made the 15-7 win all the sweeter for the home team.

"It is like a weight has been lifted off our shoulders," Riot quarterback Aimee Kowlalski said after the game. "It has finally given this league a competitive edge. It isn't just the Valkyries any more. It could be any team at any time."

The Valkyries' winning streak stretches back to May 28, 2011, when they beat the Riot 56-6. Since then, they have dominated regular-season play and won two league championships.

This game, however, saw a more organized and energized Riot controlling much of the play. The team has brought in some new talent on the field and on the sidelines while maintaining important veterans in key positions.

"The Riot are a much improved team, they outplayed us today," said Valkyries head coach Jeff Yausie. "For us, it's back to the drawing board — and then we are going to need to play them again in a couple weeks." JEFF MACKEY/METRO

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
Make an effort to see yourself the way others see you today. It's great that you have such a strong self-image but sometimes it makes it hard to understand why not everyone looks at life the same way.

♉ Taurus
April 21 - May 21
The methods you have been using may be effective for you but that does not mean they are right for everyone. You will find yourself at odds with someone you work with today.

♊ Gemini
May 22 - June 21
Your heart and your head are pulling you in opposite directions and it won't be until later in the week that you choose one approach over the other.

♋ Cancer
June 22 - July 23
Keep your wits about you as the new week begins and try to maintain a light-hearted attitude to everything that happens. Some people may be feeling a bit down but that does not mean you have to get down there with them.

♌ Leo
July 24 - Aug. 23
The best way to deal with people who annoy you is to ignore them. There is something imperious in the Leo nature and if you make out that someone does not exist no one else will believe they exist either.

♍ Virgo
Aug. 24 - Sept. 23
It may be tempting to sell off a treasured possession so you can pay an outstanding debt but that's not a good idea.

♎ Libra
Sept. 24 - Oct. 23
The cosmic pattern is slowly but surely shifting in your favor and by the end of the week the dark days will be behind you. Today you will have to deal with an emotional issue of some kind.

♏ Scorpio
Oct. 24 - Nov. 22
You will have to make a difficult decision either today or tomorrow and some people are sure to be disappointed. That's not your concern. The only thing that matters is you stay true to your principles.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be easygoing by nature but when aroused you make a tenacious opponent. Today's events will encourage you to stand up for those who cannot stand up for themselves. With you on their side they might just win.

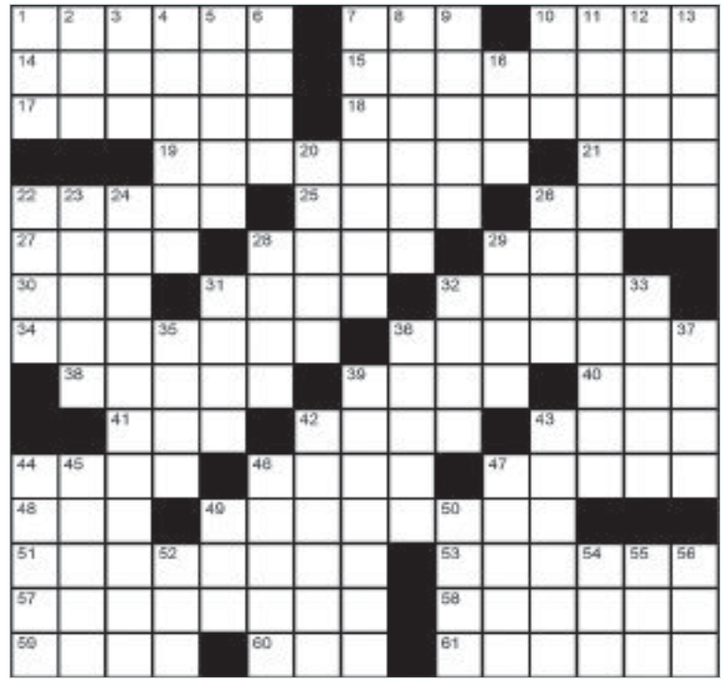
♑ Capricorn
Dec. 22 - Jan. 20
You may worry that if you don't act quickly you will miss out on an opportunity of some kind but it isn't true. In fact the planets indicate most strongly that you should bide your time.

♒ Aquarius
Jan. 21 - Feb. 19
If you have to be critical of someone today, either at home or at work, make sure you wrap up what you say in some kind of sugar coating. Not everyone has such a robust ego as you.

♓ Pisces
Feb. 20 - March 20
Throwing money at a problem won't get you anywhere. If you stand back from your current situation a bit you will see it's not nearly as bad as you fear. It never is. SALLY BROMPTON

Crossword: Canada Across and Down

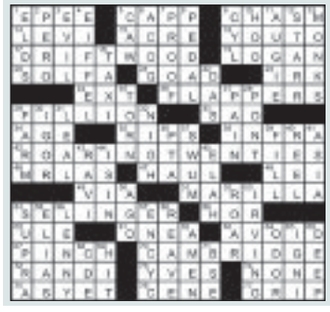
BY KELLY ANN BUCHANAN



Across
1. Minimal or paltry
7. '_' __ in Calgary
10. Eleven: French
14. Spotted big cat
15. Some briefcases
17. __ Vision (Eyewear chain)
18. Chained steeping gadgets
19. Computer purchase
21. Handheld mobile device [acronym]
22. Superhero accessories
25. Bible verb, used with Thou
26. Potter's supply
27. Hurting
28. Nastiness
29. Unheard in "The Silence of the Lambs" (1991)
30. Month we're in, in French
31. Elephant's one of two
32. Jesus' mom's namesakes
34. Driveway surface
36. Anne of Green Gables portrayer, Megan __
38. Kindle download
39. Trudge
40. "__ chance!"
41. __ and downs
42. Grub
43. Sandra Bullock movie, "Two __ __ Sea" (1996)
44. But: French
46. Showy flower
47. Cup: French
48. __-inclusive
49. Our robotic space icon
51. Manitoba waterway: 2 wds.
53. Hurried
57. Manipulator, often in showbiz
58. Mr. Rains of "Casablanca" (1942)
59. Group of cattle
60. Fleur-de-__
61. Icon

Down
1. Matthew Broderick's wife's monogram
2. Papua New Guinea seaport
3. Lettered grocery store
4. Mordecai Richler novel, Solomon __ Was Here
5. Heavenly hats
6. Not kosher
7. Supermodel's workplace
8. "Relax!" (Boot camp order): 2 wds.
9. Begin
10. Wood sorrel
11. Sports event currently underway: acr. + wd.
12. Nintendo's The Legend of __
13. Composition
16. Daniel Day-Lewis' li'l Oscar role
20. Retro dance, The __
22. Papa's wife
23. Getting _ __ of the jitters (Pre-competition fear)
24. Irving, for one (Its head office is in Halifax)
26. TV legend Mr. Reiner
28. __ up (Gain muscle mass)
29. North American bird, __ Eagle
31. New Mexico art colony
32. State of mind
33. Cotton __ (Medicine cabinet items)
35. Skips
36. Rock band, with Pink
37. Eye problem
39. The North Star
42. __-chopped onions
43. 2001 Michelle Pfeiffer/Sean Penn movie: 3 wds.
44. Liquidy low-lying land
45. Pain relief brand
46. Montreal suburb
47. Sincerely
49. Puffy li'l prop for George Burns
50. Circle segments
52. Circular, for short
54. Focal point
55. Tokyo's former name
56. Rocker Mr. Shannon

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5			4	9				
4				5		7	1	
	9				7			
8						4	7	6
			5		8			
6	1	3						2
			2				5	
	3	2		1				4
				8	3			1

Friday's Sudoku

8	1	6	2	3	5	7	4	9
4	2	5	9	6	7	8	3	1
3	9	7	4	1	8	2	5	6
6	3	2	8	5	1	4	9	7
9	7	4	6	2	3	5	1	8
1	5	8	7	4	9	3	6	2
5	4	9	1	8	2	6	7	3
7	8	3	5	9	6	1	2	4
2	6	1	3	7	4	9	8	5

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